**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule



8:30am    9:00am    OTM    Other    Other    Other    Open Swim    Open Swim    Open/Lane Sv    Inttrobu    Aquafit    Inttrobu    Aquafit    Inttrobu    Aquafit    Inttrobu    Aquafit    Inttrobu    Aquafit    Inttrobu    Aquafit    Inttrobu    Inttrobu    Inttrobu    Inttrobu    Inttrobu    Inttrobu    Inttrobu    Inttr	MONDAY								
6.30am    Image: start of the sta		Gym A	Gym B	Studio	Track	MPR		Lap Pool	
7:00am    Image: start of the sta	6:00am								
7:30am    Image: Start of the sta	6:30am								
B:00am    Image: Signal state	7:00am								
8:00am    0 <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>Lane Swim</td>								Lane Swim	
9:00am    OTM    Image: Start of								6:30-10:00am	
9:30am    9:00-9:45am    Image: constraint of the second									
10:00am    Booking    Booking    Booking    Booking    Booking    Member Picklebalt 12:00-11:45am    Stay & Play 9:00am- 11:15am    Open Swim 7:00am-1:00pn    Open/Lane Sw 10:00-11:00a      12:00pm    Booking    Member Picklebalt 12:00-12:45pm    Chair Yoga 12:00-12:45pm    Stay & Play 9:00am- 11:15am    Open Swim 7:00am-1:00p    Aquafit 11:00-11:45a      12:00pm    Member Picklebalt 12:00-12:45pm    Chair Yoga 12:00-12:45pm    Stay & Play 9:01am    Open Swim 12:00-11:00p      10:00pm    Member Picklebalt Member/ Resident \$2 1:30-3:30pm    Chair Yoga 12:00-12:45pm    Stay & Play 9:01am    Open Swim 3:00-4:00pm    Lane Swim 12:00-10:00p      10:00-11:45a    Stay & Play 12:00-12:45pm    Stay & Play 12:00-12:45pm    Stay & Play 12:00-12:45pm    Lane Swim 3:00-4:00pm      10:00-11:45a    Stay & Play 12:00-12:45pm    Stay & Play 12:00-12:45pm    Stay & Play 12:00-12:45pm    Lane Swim 3:00-4:00pm    Lane Swim 3:00-4:00pm    Lane Swim 3:00-4:00pm    Stay & Play 12:00-10:00p    Swim Lessons See our Aquatics    Swim Lessons See our Aquatics    Swim Lessons See our Aquatics    Swim Lessons See our Aquatics									
10:30am    10:00-10:45am    9:00am    7:00am-1:00pm    10:00-11:0a      11:00am    11:15am    7:00am-1:00pm    Aquafit      11:30am    12:00pm    Member Picklebalt 12:00-1:30pm    Chair Yoga 12:00-12:45pm			9:00-9:45am						
11:00am  11:15am  11:15am  Aquafit    11:30am  11:15am  Aquafit  11:00-11:45a    12:00pm  Booking  Member Pickleball 12:00-130pm  Chair Yoga 12:00-12:45pm								Open/Lane Swim	
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11:30am    Booking    Member Pickleball 12:00-1:30pm    Chair Yoga 12:00-12:45pm    Image: Chair Yoga 12:	11:00am					11.1580		Aquafit	
12:30pmPickleball 12:00-1:30pm12:00-12:45pmImage: constraint of the second	11:30am							11:00-11:45am	
12:30pm  12:00-1:30pm  12:00-1:00p    1:30pm  Pickleball      2:30pm  Pickleball      2:30pm  1:30-3:30pm      3:30pm  Family Open      4:00pm  Family Open      4:30pm  Family Open      5:00pm  Badminton      5:30pm  6:-9)   Swim Lessons  Swim Lessons    5:15PM-6:15PM  Group Power  Swim Lessons  See our Aquatics  See our Aquatics		Booking						Lane Swim	
1:00pm1:30pm2:00pm2:00pm2:30pm2:30pm3:30pm3:30pm3:30pm4:00pm4:00pm4:30pm5:00pm5:00pm5:30pm6:00pm5:15PM-6:15PM6:00pm5:15PM-6:15PM6:00pm				12.00-12.45pm				12:00-1:00pm	
2:00pmPickleball Member/ Resident \$2 1:30-3:30pmPickleball Member/ Resident \$2 1:30-3:30pmImage: Constraint of the second se	· · ·		12.00 1.000						
2:00pmMember/ Resident \$2 1:30-3:30pmMember/ Resident \$2 1:30-4:00pmMember/ Resident \$2 1:30-4:00pmMember/Resident \$2 1:30-4:00pmMember/Resident \$2 1:30-4:00pmMember/Resident \$2 1:30-4:00pm5:00pmBadminton (6-9) 5:15PM-6:15PM<	· · ·		Distriction						
2:30pmResident \$2 1:30-3:30pmResident \$2 1:30-3:30pmContractContract3:30pmFamily Open Gym 4:00-5:00pmContractOpen Swim 3:00-4:00pmLane Swim 3:00-4:00pm4:30pmBadminton 5:30pmContractSwim Lessons See our AquaticsSwim Lessons See our AquaticsSwim Lessons See our Aquatics									
3:30pm  Image: State of the state of t	· · ·								
4:00pmFamily Open Gym 4:00-5:00pmImage: Constraint open Gym 4:00-5:00pmImage: Constraint open SignerOpen Swim Signer SignerLane Swim Signer Signer5:00pmBadminton (6-9) 6:00pmImage: Constraint open SignerImage: Co			1:30-3:30pm						
H. SopmGym Gym 4:30pmGym 4:00-5:00pmSilon-4:00pm3:00-4:00pm5:00pmBadminton (6-9) 6:00pmSwim Lessons See our AquaticsSwim Lessons See our AquaticsSwim Lessons See our Aquatics							On an Guiler	Lana Curina	
4:30pm  4:00-5:00pm  Image: Constraint of the second se	4:00pm								
5:30pm  (6-9)    6:00pm  5:15PM-6:15PM    Group Power  See our Aquatics    See our Aquatics  See our Aquatics	· · · · · · · · · · · · · · · · · · ·						3.00 4.00pm	3.00 4.00pm	
6:00pm    5:15PM-6:15PM    Group Power    See our Aquatics    Swim Lesson    Swim Lesson    See our Aquatics    See our Aquatics									
6:00pm See our Aquatics See our Aquatics See our Aquatics							Swim Lessons	Swim Lossons	
		5:15PM-6:15PM						Swim Lessons See our Aquatics	
6:30pm Badminton 5:15 9:15pm 6:00-7:00pm Schedule for Schedule for Details				6:00-7:00pm			Schedule for	Schedule for Details	
7:00pm (10-12)			3.13-0.13pm				Details		
7:30pm    6:30PM-7:30PM    Yoga      7:15-8:15pm    7:10    100	7:30pm	6:30PM-7:30PM							
8:00pm Open Gym	8:00pm			7.15-0.15pm			Open Swim	Open/Lane Swim	
	8:30pm							Open/Lane Swim 7:30-8:30pm	
9:00pm	9:00pm								

Fitness Classes

Drop-In Child & Youth

**Registered Programs** 

Self-Directed



**Drop-In Aquatics** 

**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule



TUESDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am								
7:00am		Member Pickleball					Lane Swim	
7:30am		6:30-8:00pm					6:30-9:00am	
8:00am								
8:30am						Open Swim		
9:00am		ОТМ				7:00-11:00am	Lane Swim	
9:30am		9:00-9:45am			Stay & Play		9:00-10:00am	
10:00am			Zumba		9:00am-		Aquafit	
10:30am			10:00-10:45am		11:15am		10:00-10:45am	
11:00am			Gentlefit 11:00-11:45am			Aqua Therapy		
11:30am						11:00-11:45am	Lane Swim	
12:00pm	Booking	Member	Gentle Yoga 12:00-1:00pm	TOI \$2		Open Swim	11:00am-1:00pm	
12:30pm 1:00pm		Pickleball	12.00 1.00pm	Track Residents		12:00-1:00pm		
1:30pm		12:00-1:30pm		Only				
2:00pm								
2:30pm		Pickleball Member/\$2						
3:00pm		Resident						
3:30pm		1:30-3:30pm				Open Swim	Lane Swim	
4:00pm		Family Open				3:00-4:00pm	3:00-4:00pm	
4:30pm		Gym 4:00-5:00pm						
5:00pm	Sport							
5:30pm	Fundamentals					Swim Lessons See our Aquatics	Swim Lessons See our Aquatics	
6:00pm	(6-9) 5:15PM-6:15PM		Zumba				Schedule for Details	
6:30pm	Volleyball	Y-Kids (3-9)	6:00-6:45pm					
7:00pm	Fundamentals	5:15-8:15pm	Gravity					
7:30pm	(10-12) 6:30-7:30pm		7:00pm-7:45pm					
8:00pm	Open Gym					Open Swim	Open/Lane Swim	
8:30pm	Basketball 7:45-8:45pm					7:30-8:30pm	7:30-8:30pm	
9:00pm								



Drop-In Child & Youth

**Registered Programs** 

Self-Directed



**Drop-In Aquatics** 

Health, Fitness, & Aquatics March 18 - June 30

2024 Spring Schedule



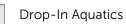
WEDNESDAY								
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool	
6:00am								
6:30am								
7:00am								
7:30am								
8:00am							Lane Swim	
8:30am							6:30am-10:00am	
9:00am			Totalfit 9:00-9:45am			Open Swim		
9:30am			9.00-9.45dm		Stay & Play	7:00-1:00pm		
10:00am		ОТМ	Balance		9:00am-	TOI Parent & Tot	Open/Lane Swim	
10:30am		10:00-10:45am	10:00-10:45am		11:15am	Swim 12:00-1:00pm	10:00-11:00am	
11:00am			Fusion			12.00-1.00011	Aquafit	
11:30am			11:00-11:45am				11:00-11:45am	
12:00pm	Booking	Member	Yoga				Lane Swim	
12:30pm		Pickleball	12:00-1:00pm				12:00am-1:00pm	
1:00pm		12:00-1:30pm						
1:30pm								
2:00pm		Pickleball						
2:30pm		Member/\$2						
3:00pm		Resident 1:30-3:30pm				Open Swim	Lane Swim	
3:30pm						3:00-4:00pm	3:00-4:00pm	
4:00pm		Family Open Gym						
4:30pm		4:00-5:00pm						
5:00pm	Sport Fundamentals							
5:30pm	(3-5)					Swim Lessons	Swim Lessons	
6:00pm	5:15-6:00pm				Teen Nights	See our Aquatics	See our Aquatics Schedule for Details	
6:30pm	Sport	Y-Kids (3-9)	Group Power		(10-1/)	Scriedule for Details	Scriedule for Details	
7:00pm	Fundamentals (3-5) 6:15-7:00pm	5:15-8:15pm	6:00-7:00pm		5:00-7:30pm			
7:30pm	Open Gym		Yoga					
8:00pm	Basketball		7:15-8:15pm			Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm	
8:30pm	7:15-8:45pm							
9:00pm								

Drop-In Fitness

Child and Youth

**Registered Programs** 

Self-Directed

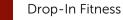


Health, Fitness, & Aquatics March 18 - June 30

Shine On

2024 Spring Schedule

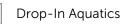
			THUR	SDAY			
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
6:00am							
6:30am							
7:00am		Member Pickleball					Lane Swim
7:30am		6:30-8:00am					6:30-9:00am
8:00am							
8:30am						Open Swim	
9:00am		ОТМ				7:00-11:00am	Open/Lane Swim
9:30am		9:00-9:45am			Charles Diago		9:00-10:00am
10:00am			Bootcamp		Stay & Play 9:00am-		Aquafit
10:30am			10:00-10:45am		11:15am		10:00-10:45am
11:00am	ļ		Gentlefit			Aqua Therapy	
11:30am			11:00-11:45am			11:00-11:45am	Lane Swim
12:00pm	Deelvier	Member		TOI \$2		Open Swim	11:00-1:00pm
12:30pm	Booking	Pickleball		Track		12:00-1:00pm	
1:00pm		12:00-1:30pm	Silver Club	Residents			
1:30pm			12:00-3:00pm	Only			
2:00pm	ļ	Pickleball Member/\$2					
2:30pm		Resident					
3:00pm		1:30-3:30pm					
3:30pm						On on Suring	Lana Curina
4:00pm		Family Open Gym				Open Swim 3:00-4:00pm	Lane Swim 3:00-4:00pm
4:30pm		4:00-5:00pm					5.00-4.00pm
5:00pm					Art Spark		
5:30pm	Aikido (6-9) 5:15-6:15pm				(3-5)		
6:00pm	0.10 0.100		Zumba		5:15-6:00pm	Swim Lessons	Swim Lessons
6:30pm		Y-Kids (3-9)	6:00-6:45pm		Art Spark	See our Aquatics Schedule for Details	See our Aquatics
7:00pm	Aikido -Family 6:30-7:30pm	5:15-8:15pm	20/20/20		(6-12) 6:15-7:15pm		
7:30pm			7:00-7:45pm				
8:00pm	Open Gym						
8:30pm	Basketball 7:45-8:45pm					Open Swim 7:30-8:30pm	Open/Lane Swim 7:30-8:30pm
9:00pm							



Child and Youth

**Registered Programs** 

Self-Directed



**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule



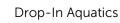
FRIDAY Leisure Gym A Gym B Studio Track MPR Lap Pool Pool 6:00am 6:30am 7.00am 7:30am Lane Swim 8:00am 6:30-10:00am 8:30am 9:00am OTM 9:00-9:45am 9:30am Booking **Open Swim** Stay & Play 10:00am Cycle Open/Lane Swim 7:00am-1:00pm 9:00am-10:00-10:45am 10:00-11:00am 10:30am 11:15am 11:00am Aquafit 11:00-11:45am 11:30am 12:00pm Lane Swim Yoga 12:30pm 12:00-1:00pm 12:00-1:00pm 1:00pm Pickleball Pickleball 1:30pm Member/\$2 Member/\$2 2:00pm Resident Resident 2:30pm 12:00-4:00pm 12:00-4:00pm 3:00pm Open Swim Lane Swim 3:30pm 3:00-4:00pm 3:00-4:00pm 4:00pm 4:30pm 5:00pm Swim Lessons Swim Lessons 5:30pm See our Aquatics See our Aquatics 6:00pm Schedule for Details Schedule for Details 6:30pm Jr./Int. Leaders Youth Basketball Night 5:00-8:45pm 6:00-7:00pm 7:00pm 7:30pm Adv. Leaders Open Swim Open/Lane Swim 7:00-8:00pm 8:00pm 7:30-8:30pm 7:30-8:30pm 8:30pm 9:00pm

**Drop-In Fitness** 

Child and Youth

**Registered Programs** 

Self-Directed



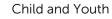
Health, Fitness, & Aquatics March 18 - June 30

2024 Spring Schedule



SATURDAY									
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool		
8:00am									
8:30am									
9:00am									
9:30am									
10:00am	Y-Kids (6-9)		Group Power 9:30-10:30am						
10:30am	9:00am-11:15am					Swim Lessons See our Aquatics	Swim Lessons See our Aquatics		
11:00am		Open Gym	Zumaha			-	Schedule for Details		
11:30am		Basketball	Zumba 11:00am-12:00pm						
12:00pm		8:00am-	11.000am 12.00pm						
12:30pm		3:45pm							
1:00pm									
1:30pm							TOI Community		
2:00pm	Family Open Gym 12:30-3:45pm					TOI Community Swim	Swim 12:30-3:30pm/		
2:30pm	12.00 0. lopin					12:30-3:30pm	Lane Swim		
3:00pm							12:30-3:30pm		
3:30pm									
4:00pm									





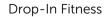


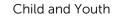


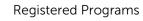
**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule



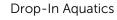
			SUN	IDAY			
	Gym A	Gym B	Studio	Track	MPR	Leisure Pool	Lap Pool
8:00am							
8:30am							
9:00am							
9:30am	Open Gym Basketball						
10:00am	8:00AM-12:00PM		C				
10:30am		Member Pickleball 10:00am-	Gravity 10:15- 11:00am			-	
11:00am	Drop In Volleyball (16+) 12:00PM-2:00PM						
11:30am		12:30pm				On an Guine	On any /Lana Cusing
12:00pm						Open Swim 10:30am-1:30pm	Open/Lane Swim 10:30am-1:30pm
12:30pm							
1:00pm		Family Open					
1:30pm		Gym					
2:00pm		12:45-2:45pm				Adult Rec Swim	Lane Swim
2:30pm						1:30-2:30pm	1:30-2:30pm
3:00pm							











**Health, Fitness, & Aquatics** March 18 - June 30 2024 Spring Schedule

#### **Contact Information & Hours**

Monday - Friday: 6:00am-9:00pm Saturday: 8:00am-4:00pm Sunday: 8:00am-3:00pm

1-7315 Yonge Street Innisfil, Ontario L9S 4V7

innisfil@sm.ymca.ca (705) 431-9622



Heart Wise Exercise works with fitness providers in your community to develop and identify programs and classes that are appropriate for people who want to stay healthy or who may be living with a chronic health condition.

The following YMCA programs are accredited by Heart Wise: On The Move, Aquafit, Aquatherapy, Gentlefit, and Gentle Yoga.



We are proud to partner with Jumpstart to offer the following programs:

- Bronze Cross/Medallion
- National Lifeguard
- Jr. Lifeguard Club
- Advanced Aquatics Lending Library
- Life Saving Sport

